

Dear Fellow Employee,

September Is "Gearing Up" Month

Summer's on the wane, days are shorter, and school's back in session. September is a 'gearing up' month, full of National Health Observances, like 'Healthy Aging Month', 'National 5 A Day Week', and 'Family Health and Fitness Day', to name a few. It's also 'National Cholesterol Education' and 'Cold and Flu Campaign' month. Check out the **Working On Wellness** website for more information on these topics and other healthy subjects.

Remember to check with your HMO about getting your **flu shot**. Co-pays may apply, but generally are \$10 or less. Individuals enrolled in the state health plan PPO do not have a co-pay when the flu shot is obtained through their doctor. Be sure to go to a participating provider to obtain your shot.

Pedometer Discounts & Lansing Area YMCA Discount

Check the September **WOW** News for details

http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290_24417-68189--,00.html

FREE Women's Wellness Events

Learn about disease prevention, hormone replacement therapy, menopause, & osteoporosis.

6:30pm-8:30pm in the following locations:

9/9/03 Grand Rapids: Metro Health Breton Plaza

9/23/03 Flint: Hurley Medical Center

9/30/03 Lansing: Ingham Regional Medical Center

Pre-registration required: call 1-800-637-2972.

Men's Wellness Event

There will be a FREE Prostate Cancer Screening @

Dawe Auditorium, Ingham Regional Medical Center, Lansing:

For all men over 50, (and men 40-49 if African American or have a family history of the disease)

9/17/03 12:00pm-4:00pm and 5:00pm-8:00pm

9/24/03 5:00pm-8:00pm

Pre-registration required: call 1-877-224-4325.

Stay healthy and well.

Working On Wellness Team

http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html